



# 7 Habits of Highly Effective Teens



# *Building our Lighthouse*

*Linda Torres*

*Lakeside Middle School  
Spanish Immersion  
Career Readiness*



# Why do they keep growing????



## Teach Leadership Principles

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### Professional Learning

- Ongoing Staff Learning
- New-Staff Learning
- Principal Learning and Modeling

### Student Learning

- Direct Lessons
- Integrated Approaches
- Modeling

### Family Learning

- Family Communication
- *7 Habits* Training for Families
- Student Teaching at Home

## Create a Leadership Culture

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### Leadership Environment

- Physical Environment (See)
- Common Language (Hear)
- Emotional Environment (Feel)

### Shared Leadership

- Student Leadership Roles
- Student Voice
- Active Lighthouse Teams

### Leadership Events

- Schoolwide Events
- Classroom Events
- Family & Community Events

## Align Academic Systems

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### Schoolwide Goal Achievement

- School Goals
- Team Goals
- Staff Goals

### Student-Led Achievement

- Student Goals
- Leadership Notebooks
- Student-Led Conferences

### Empowering Instruction

- Teacher Planning and Reflection
- Collaborative Protocols
- Student-Led Learning



Leadership

Culture

Academics

# Building a Culture of Leadership

Professional Learning, Student Learning, Family Learning



# In this presentation...

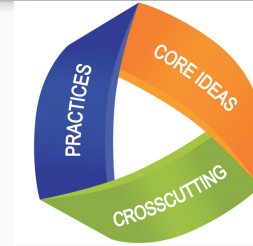
Leadership  
Principles

Leadership  
Culture

Academic  
System

# Culture of Leadership: Professional Learning

- "7 minutes for 7 habits" at the beginning of our staff meetings.
- representatives per grade level in our lighthouse team
- New teachers and staff are trained
- Summer institutes
- Continuing professional growth as lifelong learners





# On-going Learning



**Angelica Alvarado**

@rvlearns

Follow

Lighthouse Team on the path to a second successful year with The Leader in Me program #7habits @StephenCovey #TLIM



**Angelica Alvarado**

@rvlearns

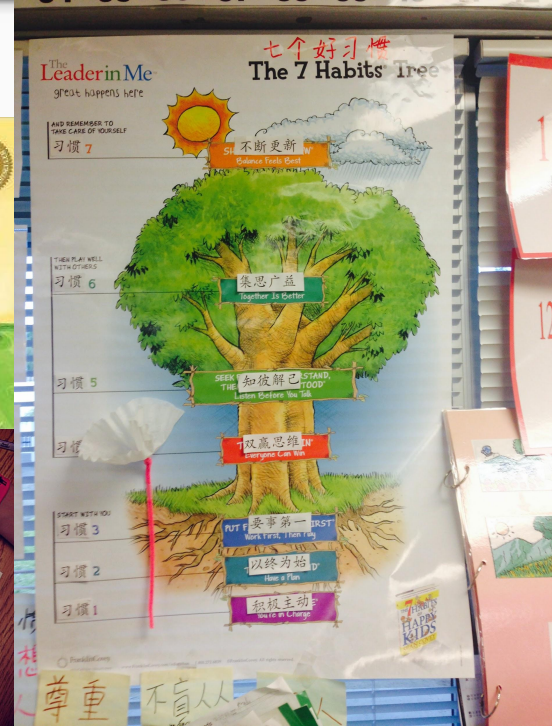
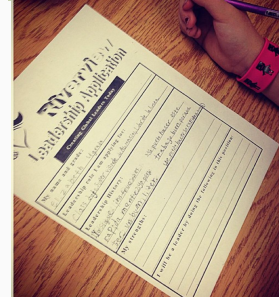
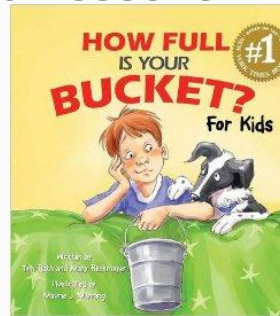
Follow

Level 2 empowerment day #sevenhabits @Covey7Habits

8:33 AM - 20 Aug 2015 · Winter Gardens, CA, United States

# Culture of Leadership: Student learning

- Integrating the habits through cross curricular lessons
- Leadership notebooks
- Student Planners
- Student led conferences
- Leader in Me Workbooks




# 1. Teaching Leadership Principles

**Class Mission**

"As fourth graders we will lead and set a good example. We are smart and talented. We will help each other and strive to be the best students we can."

**Misión del Salón 27**


"Como líderes de cuarto grado damos un buen ejemplo cada día en Riverview. Somos inteligentes con mucho talento. Vamos ayudar a los demás en Riverview y ser los mejores estudiantes que podamos ser."




 **laura spencer**  
@LMasterEdD


 Follow

#Repost @rvlearns • • • °Class Mission bc we are a "Leader in Me" School #7habits #RVlearns by lakesideunion

 **rvlearns**  
Riverview International Academy An... 3s

Students at Riverview Language Academy are practicing #Habit1 Be Proactive #rvlearns #7habits

 **Angelica Alvarado**  
@rvlearns

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 **Angelica Alvarado**  
@rvlearns

Students at Riverview Language Academy are practicing #Habit1 Be Proactive #rvlearns #7habits

# Student Learning

**RiverView Leadership Application**  
Creating Global Leaders Today

My name and grade:  
Elizabeth Ugras

Leadership role I am applying for:  
Class Captain

Class:  
8th

Leadership History:  
I worked with the organization Rapid Mentoring and I was a member leader.

My strengths:  
I'm pretty hard worker, I'm a hard worker, I'm a hard worker, I'm a hard worker.

I will be a leader by doing the following in this position:

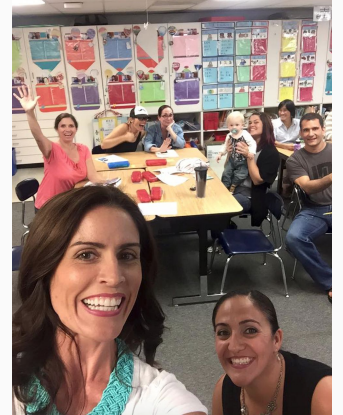


Buddy Readers with Primary Grades “lideres de lectura”

Middle School Reading Buddies

# Culture of Leadership: Family learning

- Parents as part of the lighthouse team
- Parent classes and Movie nights
- Facebook page for parent connections and ideas
- Teachers adding info in homework and newsletters
- Principal's messages to parents always have 7 habits info
- Middle School PTSA get refreshers



# Family Learning: Weekly Communication

## Women's History Month Irish American History Month

Feb. 29<sup>th</sup> – Mar 4<sup>th</sup>, 2016  
Email Notes

### Dates to Remember:

Feb. 29<sup>th</sup> - Run for the Arts Fundraiser @ Eastbound

Mar. 3<sup>rd</sup> - The Mitten Performance @ RV 6pm

Mar. 5<sup>th</sup> - Saturday Academy @ WG

Mar 14<sup>th</sup> – 18<sup>th</sup> – Parent Conferences Week  
(Feb's Coffee with the Principal post-popped to March)

Habit of the Week: Habit 7 – Sharpen the Saw

**Habit of the Week** – What calms you? How do you unwind negative emotions or physical dread? Meditation? Exercise? Healthy eating? Family time? Sharpening our Saw is one of the most important habits because it helps us take care of ourselves in order to have a clear focus on our goals. Help your little ones find effective ways in dealing with stress/anger by doing what they enjoy and is good for them. ☺

**WG Student Winner!** – Congratulations to Aubree, our very own 1<sup>st</sup> grader in Sra. Benito's class for winning the t-shirt design contest for our district's Run for the Arts. Aubree's design will be on the front of the t-shirt all Lakeside students and staff will be wearing. Way to go superleader! ☺

**Run for the Arts Fundraiser** – Every year, our district hosts a Run for the Arts Fundraiser to provide funding for the arts. Our kick-start fundraiser will be this coming Monday, Feb. 29<sup>th</sup> at Eastbound between 5-9p.m. Please enjoy delicious food and beverages as you support our programs. 10% of all proceeds will be donated.

**The Mitten Performance** - You are cordially invited to see our Mandarin Kinder's musical version of Jan Brett's The Mitten. It will take place this coming Thursday, March 3<sup>rd</sup> 2016 at 6:00 PM at Riverview Elementary's Multi-Purpose Room.

**Saturday Academy** – We will be hosting Saturday Academy on Saturday, March 5<sup>th</sup> at our Winter Gardens campus. In honor of Women's History Month, we'll be having female college students from SDSU's Women's Engineering working with our students on science-related activities. We have about 20 students so far and encourage you to turn in the attached permission slip as soon as possible. Riverview students are welcome!

**Coffee with the Principal** – We post-popped February's Coffee with the Principal to March, when we hope to begin a WG-RV meeting where both Sra. Sandoval and Dr. Thurman will be present to meet with families.

## Reminders:

**Parent Conference Week** – We will be having minimum days during parent conference week on March 14<sup>th</sup> -18<sup>th</sup> (right before Spring Break). Please make proper daycare arrangements. If your child is struggling and you have a preferred day/time you'd like to meet, please contact your teacher to get your request in early.

**Cultural insight** – This past superhero Friday, one of our 1<sup>st</sup> graders dressed up as Juliette Gordon Low, the founder of the Girl's Scouts. (See attached Picture). Low began Girl Scouts in 1912 believing that girls too had the strength to be self-reliant. To read more about her life and accomplishments, visit:  
<http://www.girlscouts.org/en/about-girl-scouts/our-history/juliette-gordon-low.html>  
<http://www.girlscouts.org/en/about-girl-scouts/our-history.html>  
<http://www.biography.com/people/juliette-gordon-low-20766743>

# Parent Lighthouse Team



- Habit #1 - Be Proactive
- Habit #2 - Begin with the End In Mind
- Habit #3 - Put First Things First
- Habit #4 - Think Win-Win
- Habit #5 - Seek First to Understand, then to be Understood
- Habit #6 - Synergize
- Habit #7 - Sharpen the Saw
- BONUS Habit #8 - Find Your

Parent 7 Habits Lighthouse Team...

Closed Group

Joined ▾ Share ▾ Notifications ▾ ...

Discussion Members Events Photos Files Search this group 🔍

Write Post Add Photo / Video Create Poll Add File

Write something...

## PINNED POST

 **Raquel Miranda Ramirez** with Paige Moe.

November 3, 2015 · San Diego

{{Please Watch video}}

Hello Parents and Staff members!

\*\*Click on HD for best quality of video\*\*... [See More](#)



## ADD MEMBERS

+ Enter name or email address...

## MEMBERS

132 Members (1 new)



Invite by Email

## DESCRIPTION

Welcome to our 7 Habits Parents Lighthouse Team! Our hope is tha... [See More](#)

## CREATE NEW GROUPS

Groups make it easier than ever to share with friends, family and teammates.

Create Group

# Family Learning: Facebook Parent Lighthouse Page



**Angelica Alvarado**

@rvlearns



Being a leader at your own school and foster a learning community of trust [#sdedleadtech](#) [#rvlearns](#)

4:58 PM - 2 Mar 2016

# Team Work Community Building



# Creating a Leadership Culture

School Environment, Leadership Roles, Leadership Events



# In this presentation...

Leadership  
Principles

Leadership  
Culture

Academic  
System

# Principal Learning & Modeling

Administrators Visit to A.B. Combs  
Nov. 19 - 20, 2015

Learning First-Hand from the *Leader in Me* Pioneers

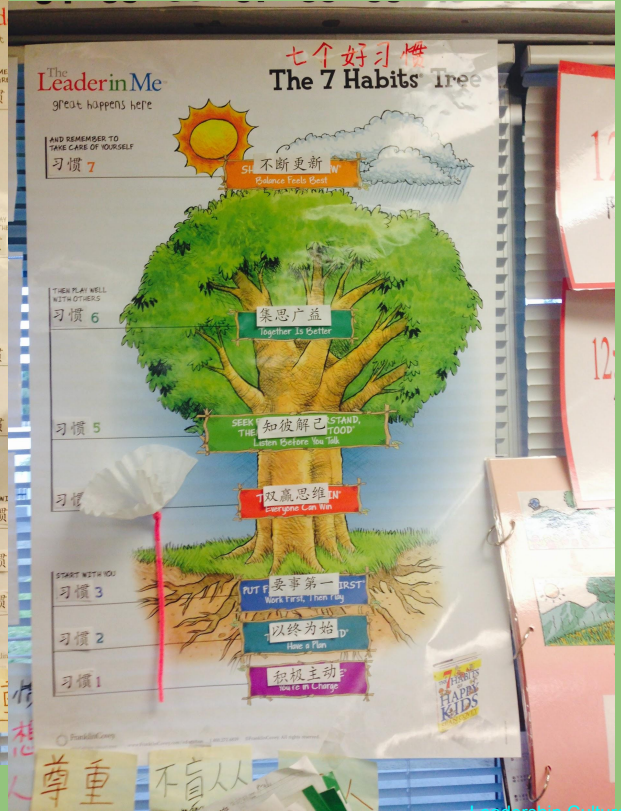
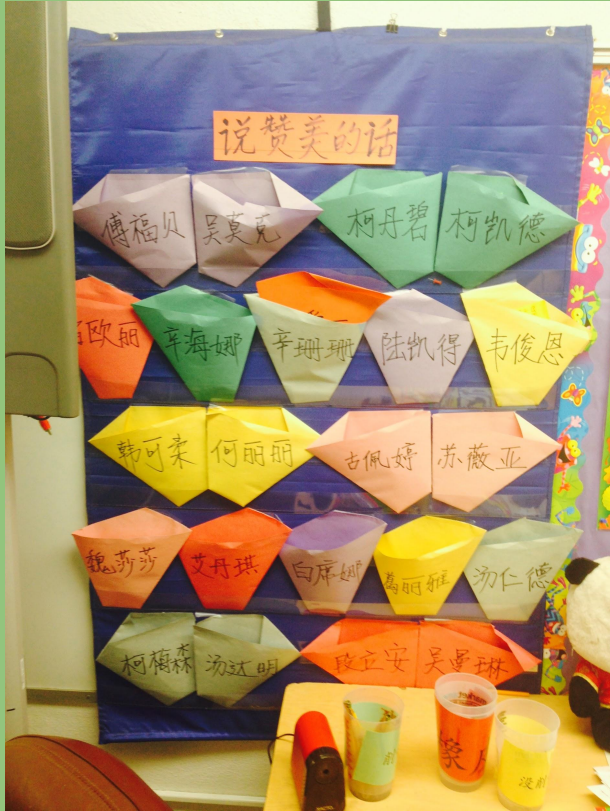


Coaching Day  
March 1, 2016

Improving staff understanding of 7 Habits

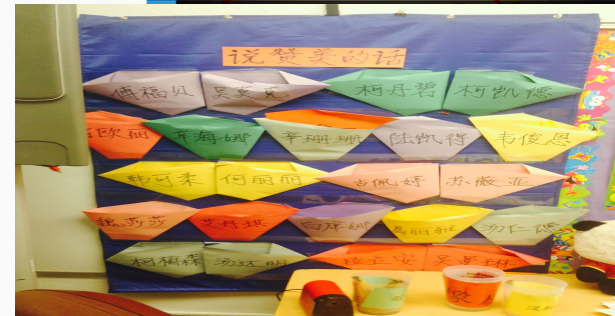
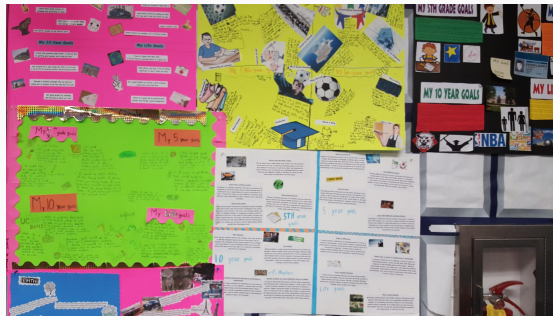


# 2. Creating a Leadership Culture



# Leadership Culture: School Environment

- Mission Statements- Personal
- Kindness and Positive Vibes- MS Friends
- Common Language in Redirecting Behavior
- Student WIGS- Presentations
- Student Principal of the day- Raffles



# Physical Environment



# Emotional Environment



Empathy Lesson with School Counselor

# Leadership Culture: Leadership Roles

- Classroom Jobs
- School Jobs
- Chorus- Concerts
- Ambassadors
- Student Council- ASB
- Challenge- Advanced



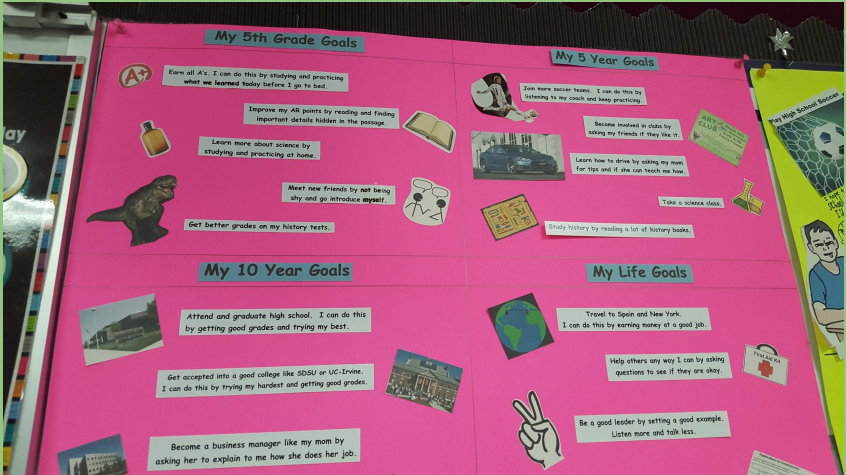
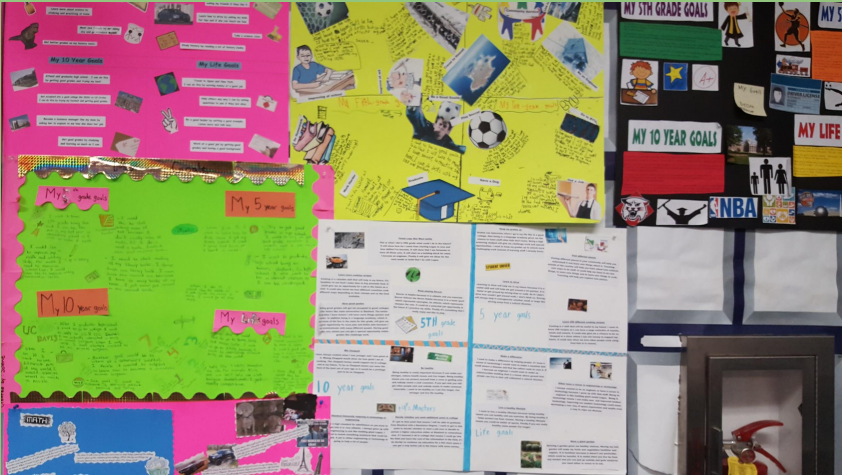


# Leadership Culture: Leadership Events

- International Fair
- Superhero Fridays
- School Counselor- Peer Advisors
- International trips- Costa Rica



# Student WIG's



# Common Language in Redirecting Student Behavior



Administration, staff and parents using 7 Habits during discipline with student.

# Synergize! - Chorus- All ages



# Schoolwide Events:

Superhero Fridays teach staff & students to uncover their inner super power!



# Collaboration Protocols: Shared Leadership



Lighthouse team includes all stakeholders

# Aligning Academics

Schoolwide goals, Student-Led achievements, Empowering Instruction



# In this presentation...

Leadership  
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Academic  
System



# Aligning District-wide Goal Math Talks with Habit 6 Synergize

## Talk Moves

Revoicing: "So you're saying...?"

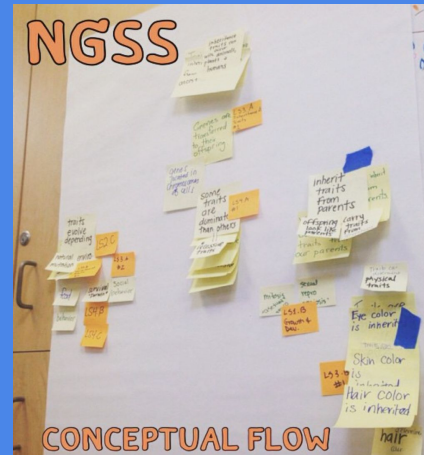
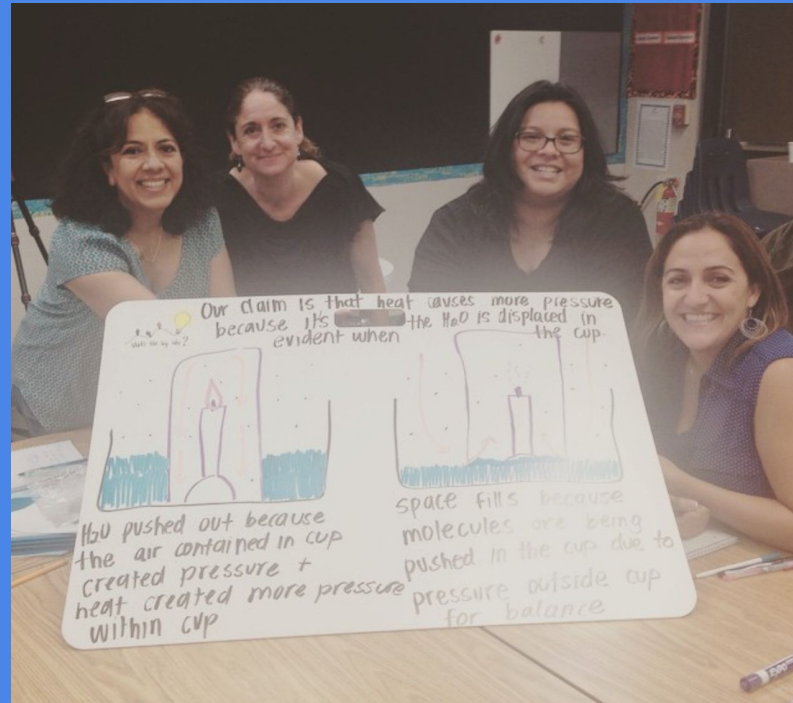
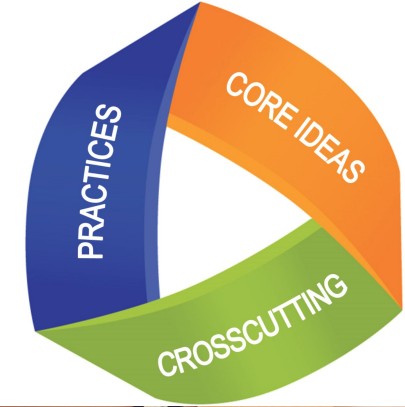
Repeating: "Who can repeat, in your own words, what \_\_\_\_\_ just said?"

Reasoning: "Do you agree or disagree? Why?"

Adding On: "Who would like to add on to what has been shared?"

Using Wait Time: "Take your time ... we'll wait."

# Empowering Instruction: NGSS Curriculum Planning with grants

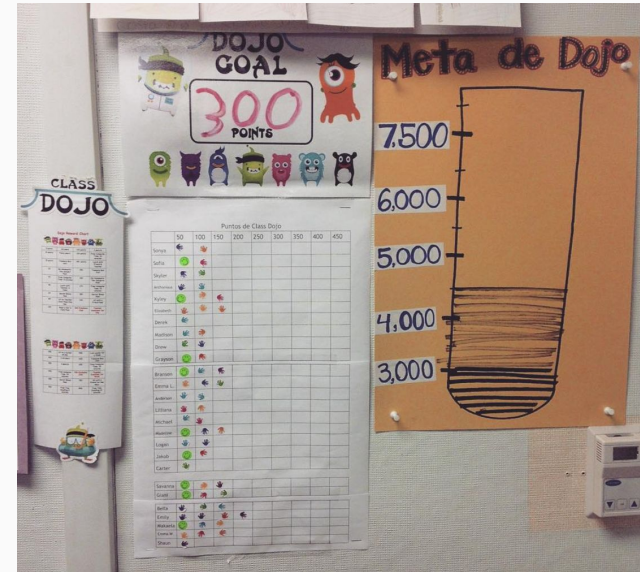


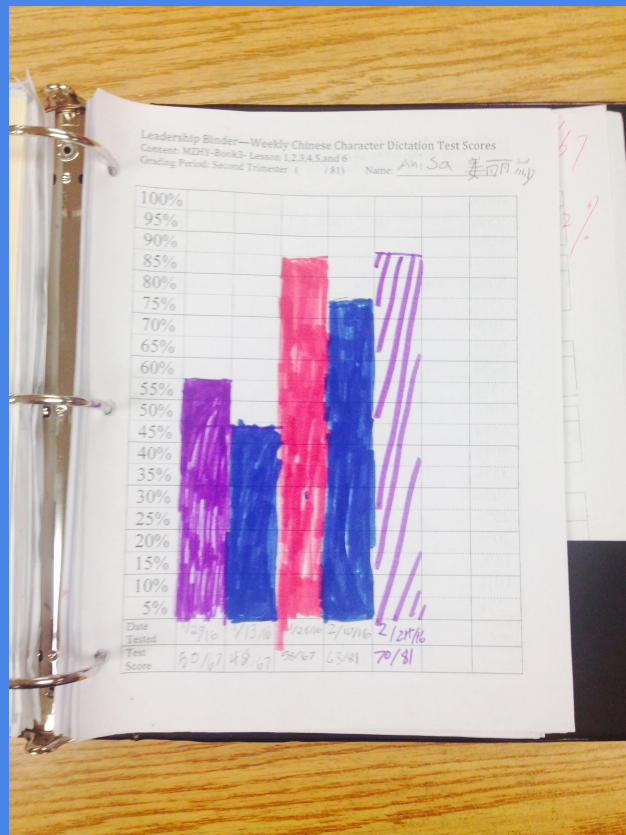
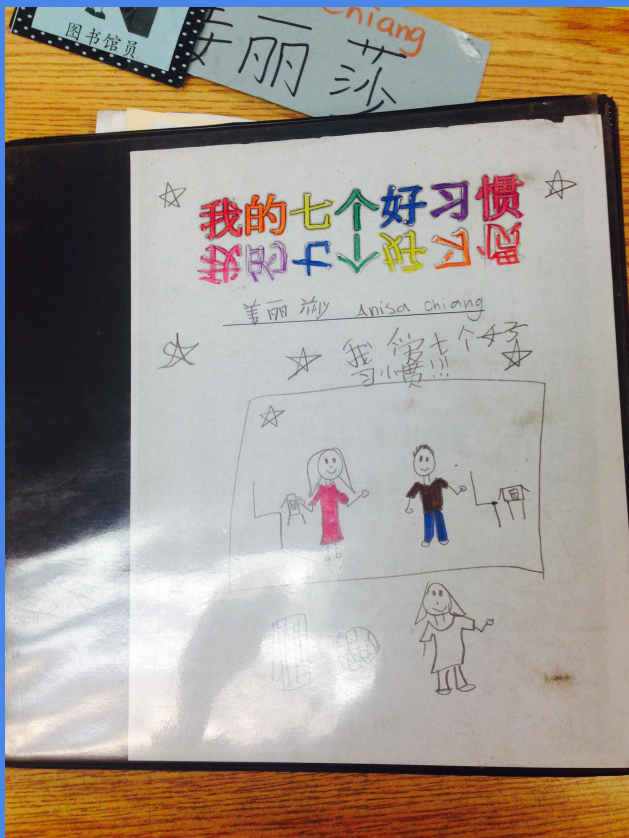
# Academic Systems: Student-Led Achievement

- Student Goals
- Notebooks
- Student-Led Conferences



Data notebook #habit2 #7habitsofhappyKids #rvlearns





... yes, a **Mandarin Leadership Notebook**

# Portfolios for Middle School

6th, 7th, 8th

5 Essay's along with "Story of my  
Life"

#1) Metas- WIGS

#2) Como cambiar el mundo

#3) Música

#4) Tolerancia

#5) Ser Bilingüe

# Middle School Classes

Spanish Literature-

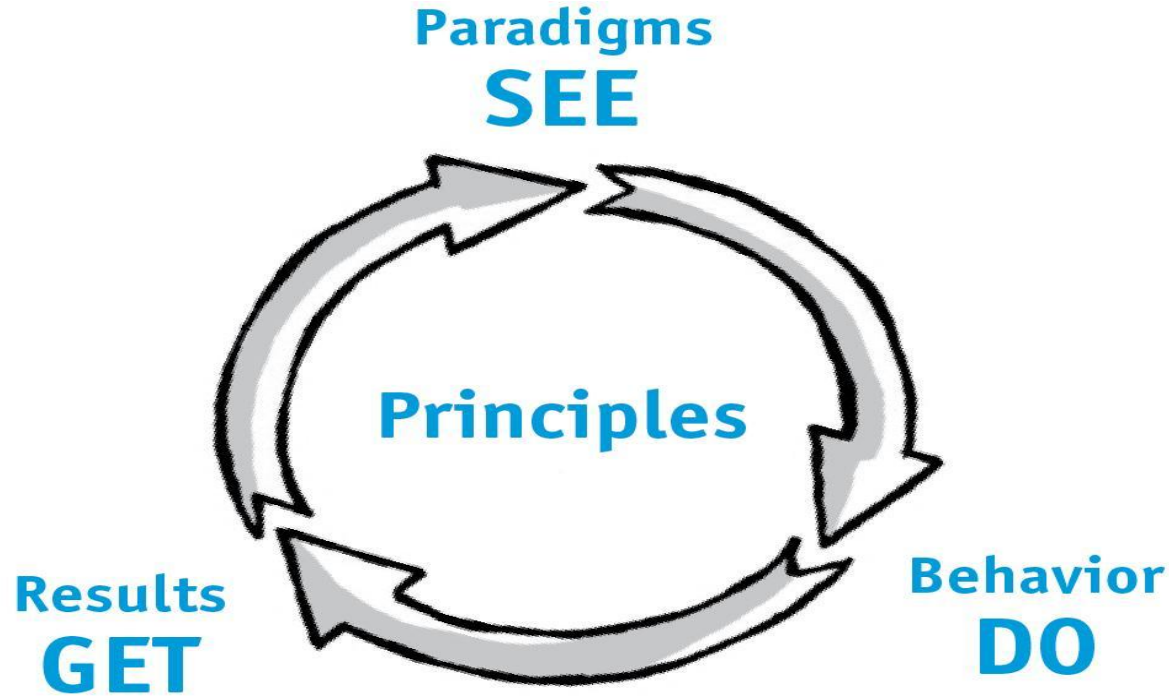
Implementation Throughout

Projects, Cultural Experiences, Reflections- Connections

Career Readiness-

WIGS- Why College?

# See-Do-Get



## The 7 Habits Tree

AND REMEMBER TO  
TAKE CARE OF YOURSELF

Habit 7

SHARPEN THE SAW

Balance. Feed. Rest.

THEN PLAY WELL  
WITH OTHERS

Habit 6

SYNERGIZE

Together Is Better

Habit 5

SEEK FIRST TO UNDERSTAND,  
THEN TO BE UNDERSTOOD

Listen Before You Talk

Habit 4

THINK WIN-WIN

Everyone Can Win

START WITH YOU

Habit 3

PUT FIRST THINGS FIRST

Work First, Then Play

Habit 2

BEGIN WITH  
THE END IN MIND

Have a Plan

Habit 1

BE PROACTIVE

You're in Charge

## The 7 HABITS of Highly Effective TEENS

### Get in the Habit

RENEWAL

HABIT 7

Sharpen the Saw\*

PUBLIC  
VICTORY\*

HABIT 6

Synergize\*

HABIT 5

Seek First to Understand,  
Then to Be Understood\*

HABIT 4

Think  
Win-Win\*

PRIVATE VICTORY\*

HABIT 3

Put First Things First\*

HABIT 2

Begin With the End in Mind\*

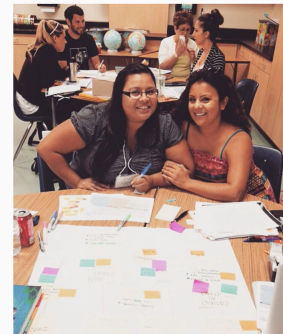
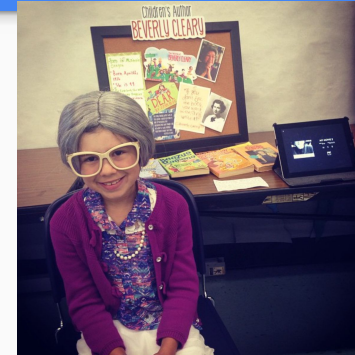
HABIT 1

Be Proactive\*



# Academic Systems: Empowering Instruction

- Teacher Planning and Reflection
- Collaborative Protocols
- Student-Led Learning
- Project-based Learning



# CULTURE:

*the cream for your tacos...*

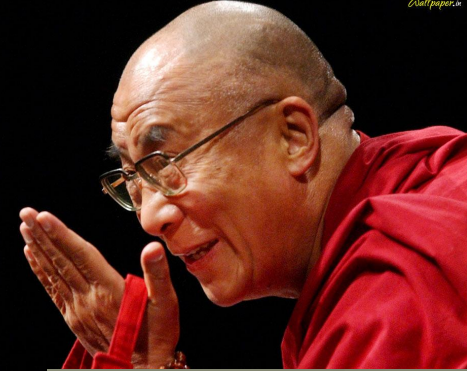
It's important to not only speak the language, but also to understand the culture's customs, traditions, sayings, idioms, gestures, etc.

# Multicultural Perspective

to build an empathetic, culturally proficient child

"In the practice of tolerance,  
one's enemy is the best teacher."

Dalai Lama  
www.GodWallpaper.in



God  
Wallpaper.in



Larry Itliong, UFW

I am proud  
to be a  
girl.  
We girls  
can change  
the world!

Malala Yousafzai

uploaded @ Quotepick.com



La educación  
es el arma  
más potente  
para  
cambiar el  
mundo.  
**Nelson Mandela**



Viola Liuzzo,  
Civil Rights Martyr



# Historical Figures



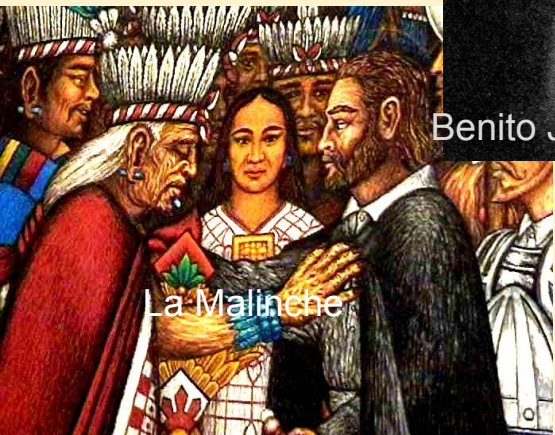
Benito Juarez



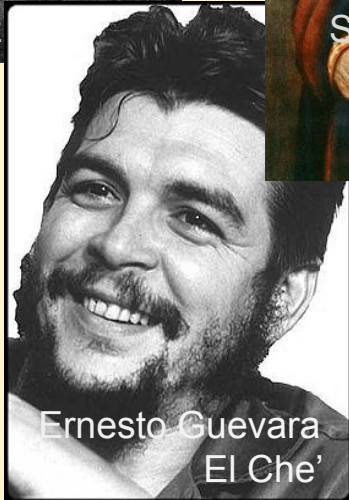
Simon Bolivar



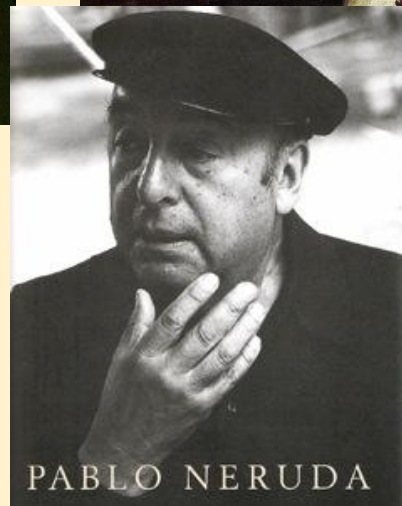
Sor Juana Inez de la Cruz



La Malinche



Ernesto Guevara  
'El Che'



PABLO NERUDA

Links on Latin American History:

<http://latinamericanhistory.about.com>

<http://latinamericanhistory.about.com/od/modernlatinamerica/a/toptenalla.htm>

# Direct Lessons for Student Learning:

Name: \_\_\_\_\_

Sharpen the Saw Habit # 7 *Leaders know their inner feelings and are Proactive in finding a positive outlet to them.*



Rigor- Varies per grade



**African American Contribution to the world: The Blues music**

*The Blues* – A type of music that helps people get through sadness by singing about it.

**Edward Kennedy "Duke" Ellington** (April 29, 1899 – May 24, 1974) was an American composer, pianist and bandleader of jazz & blues orchestras.

# Classic & Contemporary Movies

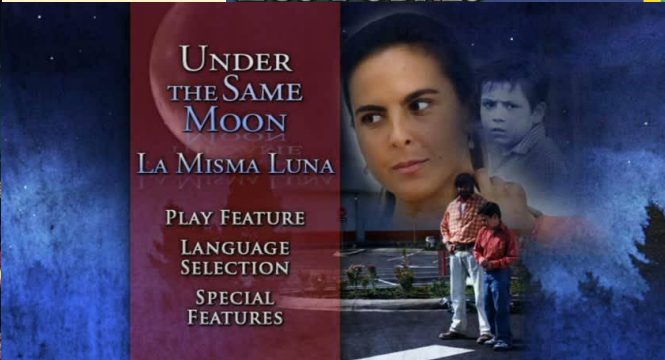
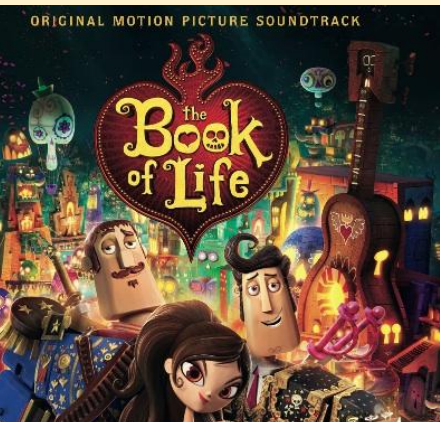
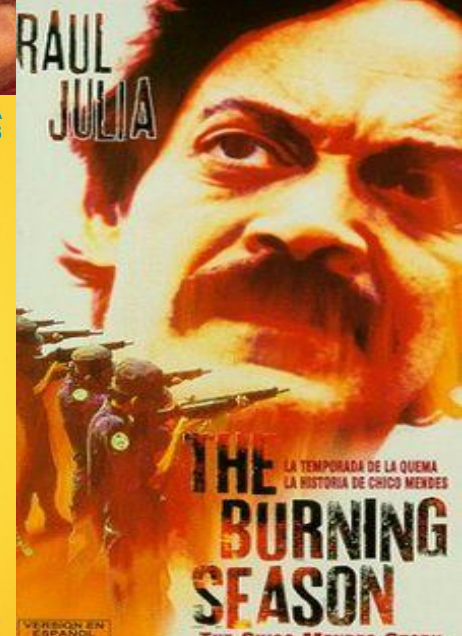
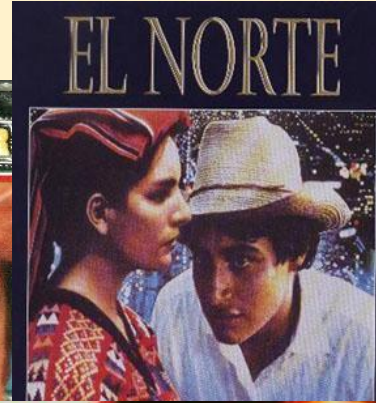
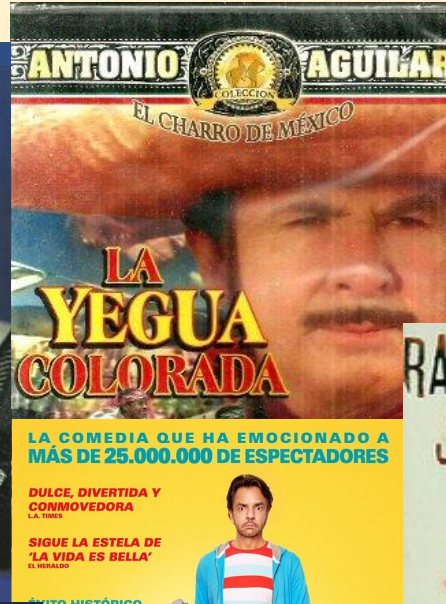
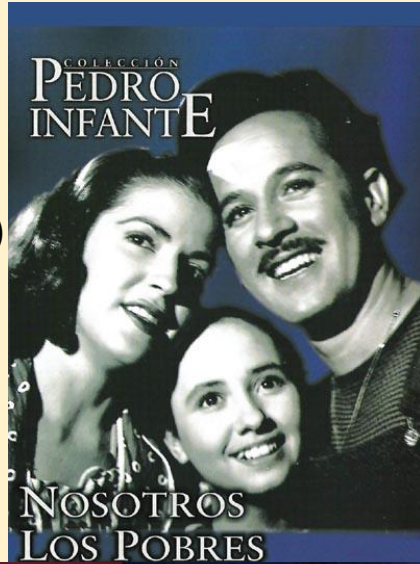
## Actors to Search

Antonio Aguilar (corridos)

Cantinflas (comedy)

Pedro Infante (Mexican icon)

*Tip: Do online searches with actors' names or top Latinos / Mexican movies to select appropriate ones for your site.*



# Latin American Sayings & Idioms

*Más vale un pájaro en mano, que ver un ciento al volar.*

It's better to have one bird at hand, than see 100 fly by.

*Dime con quién andas, y te diré quien eres.*

Tell me who you are with, and I will tell you who you are.

*Como te ves, me vi. Como me ves, te verás.*

I once looked as you. You will one day look like me.

*En boca cerrada, no entran moscas.*

No flies go in a closed mouth.

*Del dicho al hecho, hay mucho trecho.*

From said to done, there is a long path.

*No soy monedita de oro, pa' caerle bien a todos.*

I am not a gold coin that can please everyone.

Sayings Website

<http://hispanismo.org/hispanoamerica/6937-150-refranes-mexicanos.html>

# Music: the soul of the people

Write the lyrics of the songs!



Belinda

Menudo

Cepillin

Parchis

Cri-cri

Tatiana

Jose Luis Orozco

Timbiriche

La Banda Vaselina

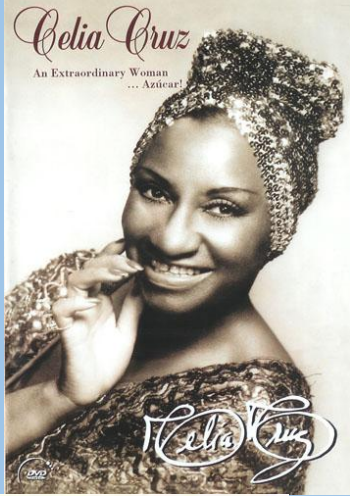
¡Y más!

Las Ardillitas





# Traditional Music



Banda

Salsa

Boleros

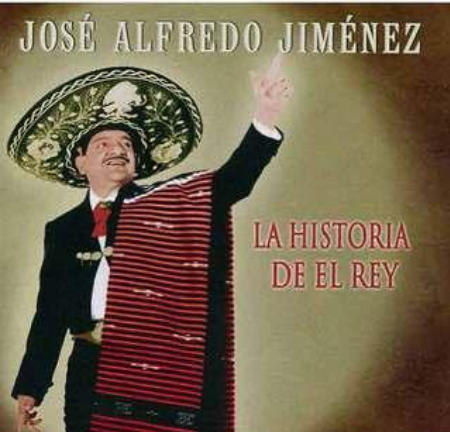
Tex-Mex

Corridos

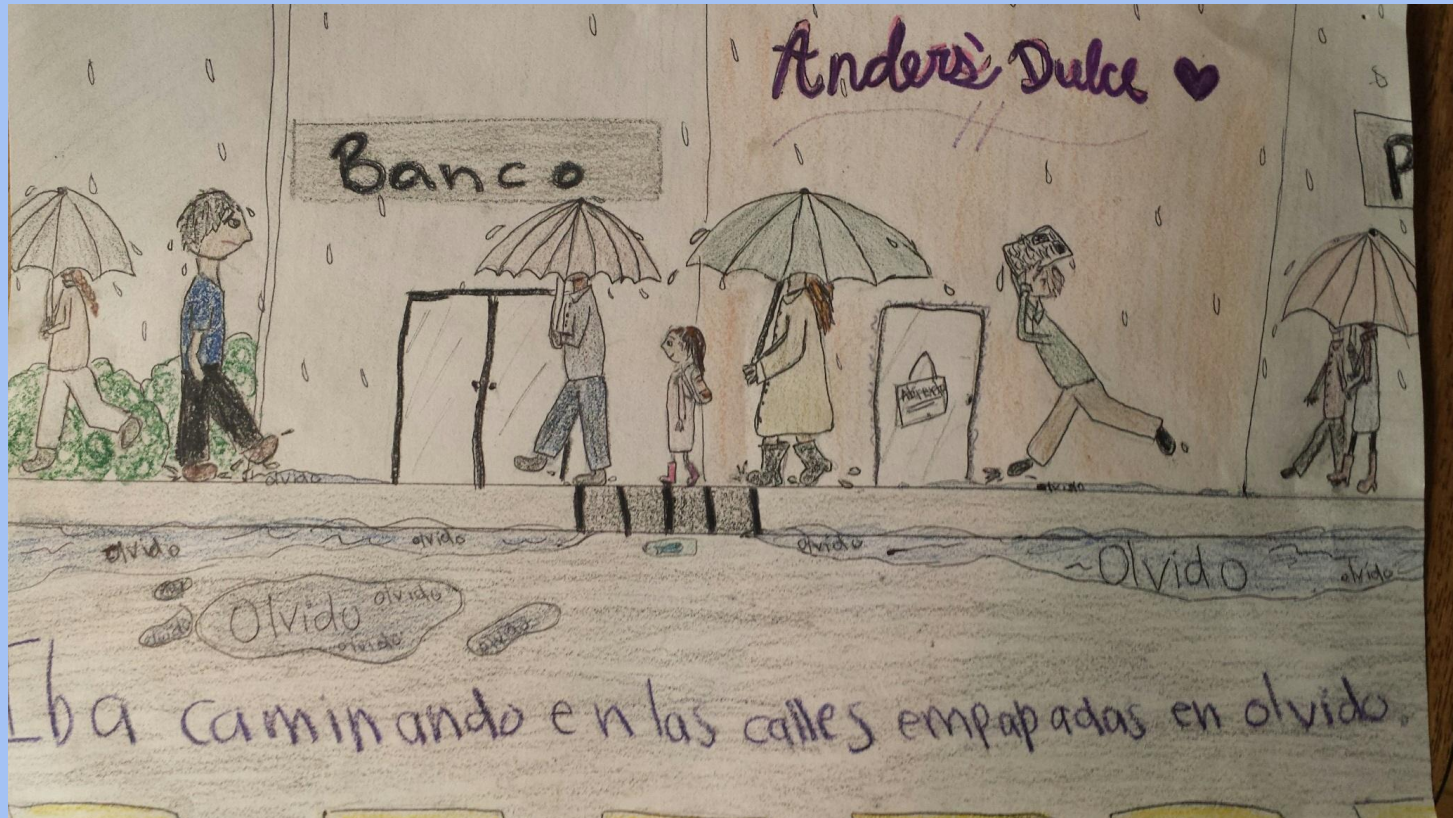
Cumbia

Norteño

Rancheras



# MANÁ: “Eres mi Religión”



Illustrating figurative language & symbolism: “calles empapadas en olvido”

# Behavior Management Throughout

Use skill cards for socratic seminars and class discussions

# Habit 1: Be Proactive<sup>®</sup>

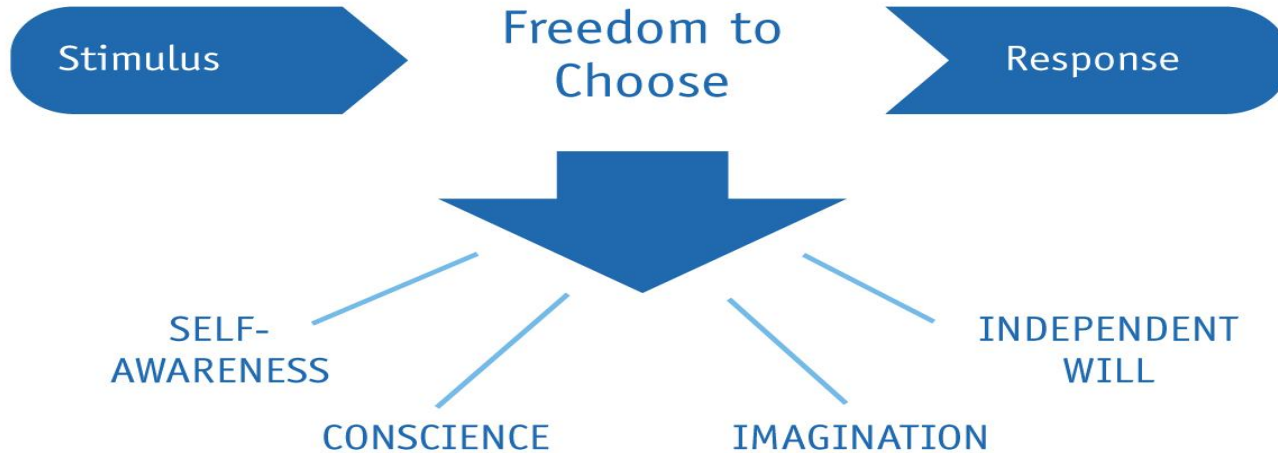
**When you are  
reactive, you  
give up  
control.**

**Your influence  
shrinks.**

**Circle of No Control**  
(concern)

**Circle of  
Control**  
(influence)

# Your Four Unique Human Gifts



# Habit 3: Put First Things First®— Big Rocks vs. Little Rocks

Your BIG ROCKS are the things that are most important for you to do next week, such as:

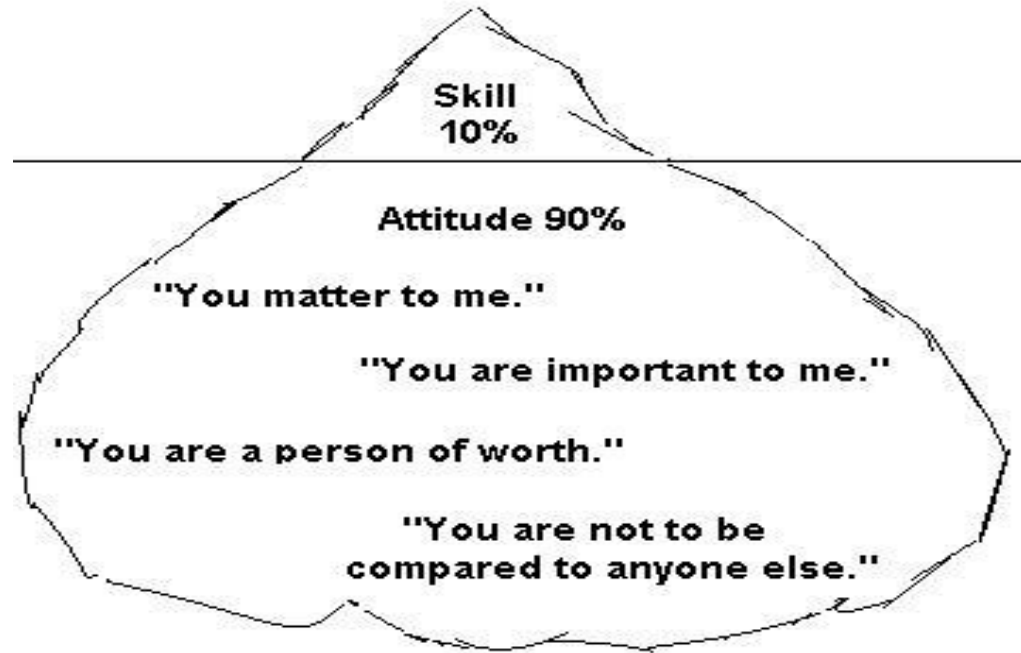
- Planning family meals.
- Spending time with your family.
- Getting an education or a skill.
- Eating dinner together.

Your LITTLE ROCKS are the less important things for you to do next week, such as:

- Watching TV for long periods of time.
- Chatting with friends on the phone.
- Playing video games.
- Always searching the Internet.



# What Does It Take to Be a Good Listener?



# Great Leaders Know their Feelings





# The Open-Door Policy— Listen for Understanding

1. **Take time.**
2. **Avoid “door slammers.”**
3. **Listen first, talk second.**



# Three Steps of Talking

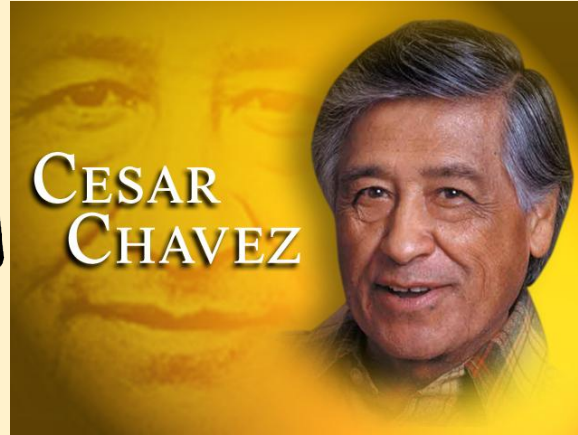
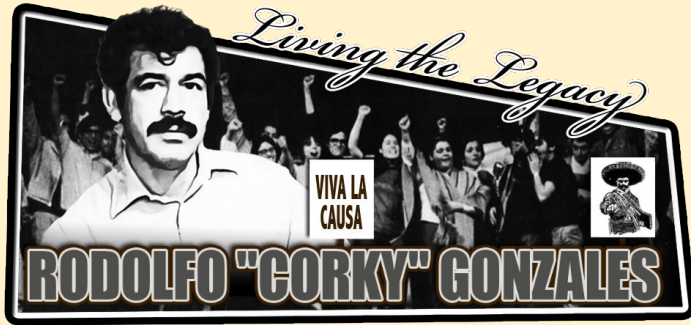
- Control body language.
- Use appropriate words.
- Speak in a soft voice.



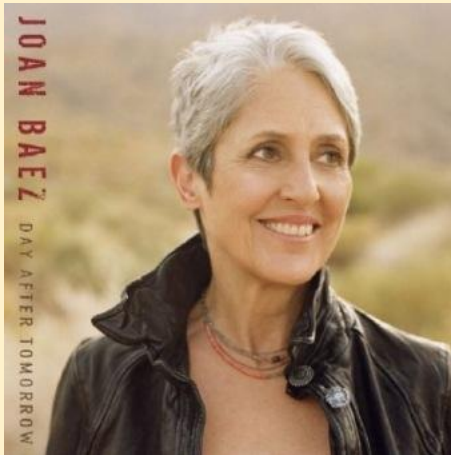
# The Two Rules of Synergy

- **Rule 1: Value one another.**
- **Rule 2: Recognize strengths.**

# Famous & Local Chicanos/Latinos

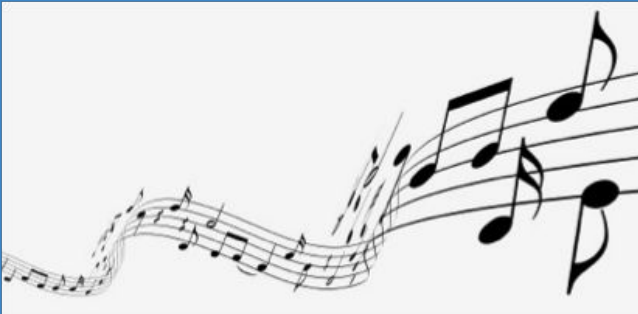


Ramon "Chunky" Sanchez  
Los Alacranes, San Diego



- Jose Hernandez, NASA
- Rosario Marin, US Treasury
- Joaquin Murrieta\*, Californiano
- Antonia Novello, US Surgeon General





# Blues & Jazz Music

7 Habits Trait: Sharpen the Saw

African American Heritage



...and are PROACTIVE to control them



# HABIT 7

## Sharpen the Saw

### BODY

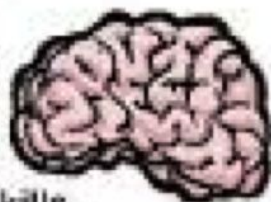
Physical Dimension



- Exercise
- Eat Healthy
- Sleep | Rest
- Relaxation

### MIND

Mental Dimension



- Read
- Educate
- Write
- Learn new skills

### HEART

Emotional Dimension



- Build Relationships
- Give Service
- Laugh | Love

### SOUL

Spiritual Dimension



- Meditate
- Keep a Journal
- Pray
- Take in Quality Media

# African American Heritage

Their struggle in America

A lot of injustice

A lot of sadness

**But** they found a way to be

**PROACTIVE** and

**SHARPEN THEIR SAW** with music.





# Blues Music...

Sing to when you're feeling **BLUE**.

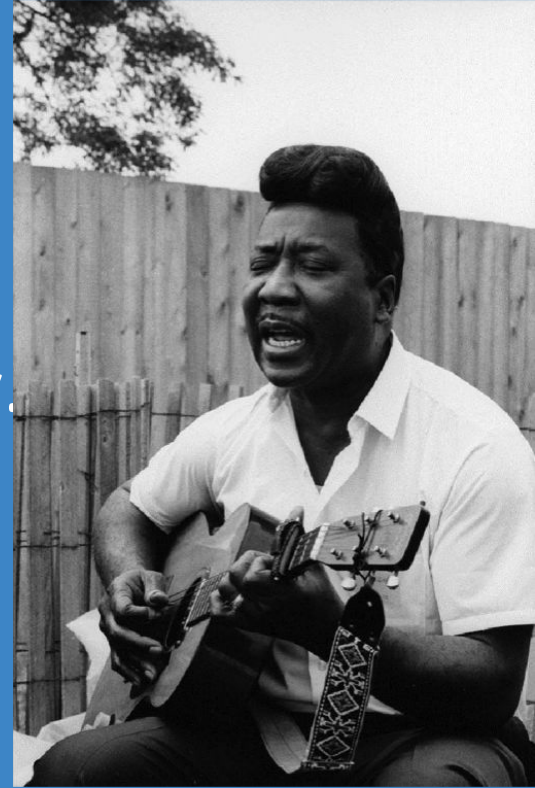
Began in the African American community.

It was a way to sing away their pain.

Close your eyes to feel the music.

Muddy Waters

<https://www.youtube.com/watch?v=40-oo1S2WEw>



# Like with Sadness, it's ok to be BLUE



As leaders, we need to **SHARPEN OUR SAW** by knowing our feelings, and being **PROACTIVE** to make it better.

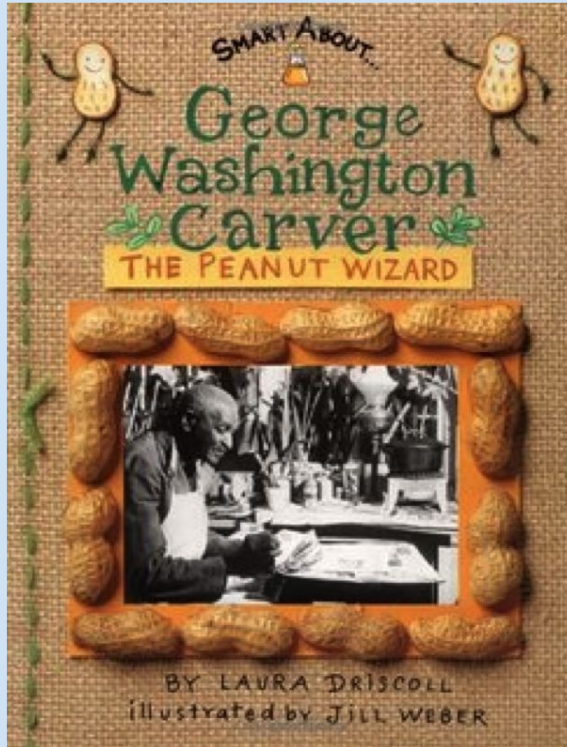
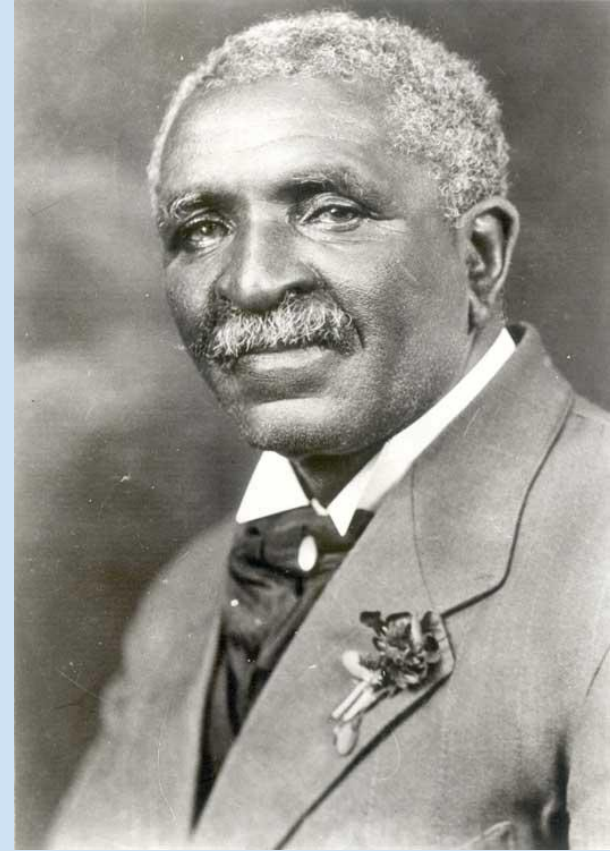
# What do you know about African American **Heroes**?



Turn to a partner...

Share about an African American leader you have learned about.

# Scientist-inventor George Washington Carver





# Astronaut Dr. Mae Jemison



# Safety Inventor Garrett Morgan



Pause to reflect...

now turn to your partner and discuss:

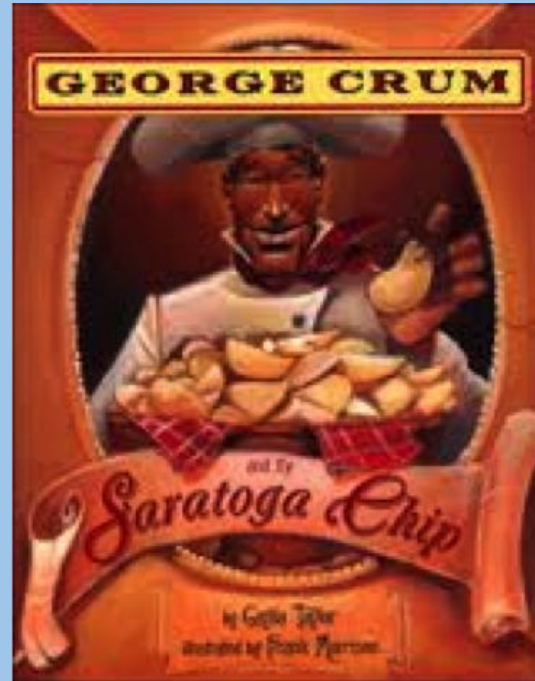
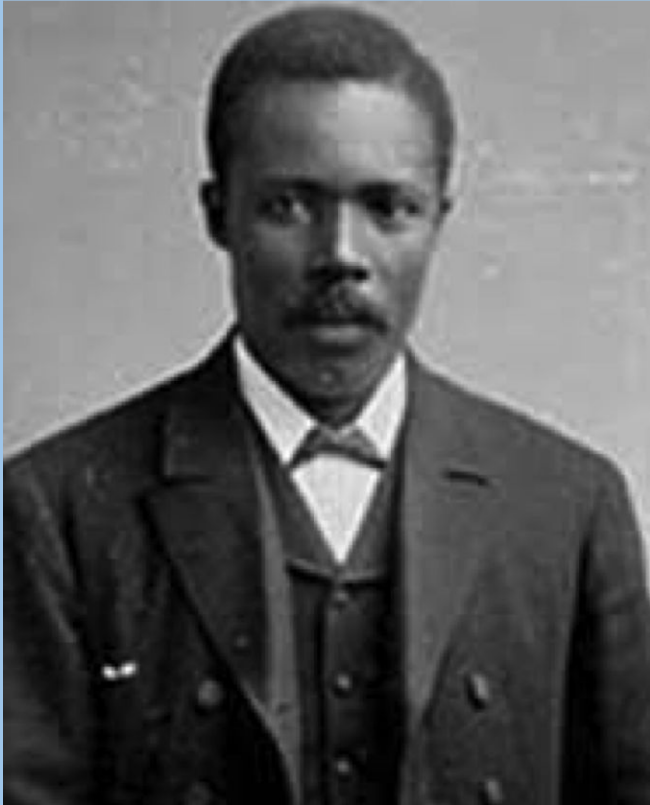
What have you heard so far?

What did you find interesting?

What didn't know you before?



# Inventor & Chef George Crum



Love those "Crum's"

First Woman Millionaire \$\$\$\$\$

Madame C.J. Walker



**President Barack Obama**, one of our leaders, won the *Nobel Peace Prize*!



**US President  
Barack Obama  
won The Nobel  
Prize "Peace"  
2009**



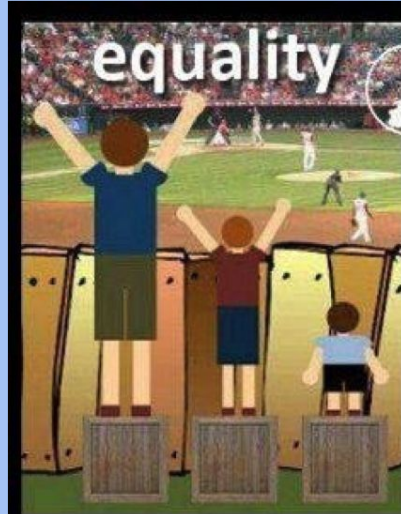
# The Mother of The Civil Rights Rosa Parks



# Inequality?

- Let's think about that for a minute-
- What is inequality?
- What does that mean?

# When you treat everyone THE SAME



**Equality = SAMENESS**

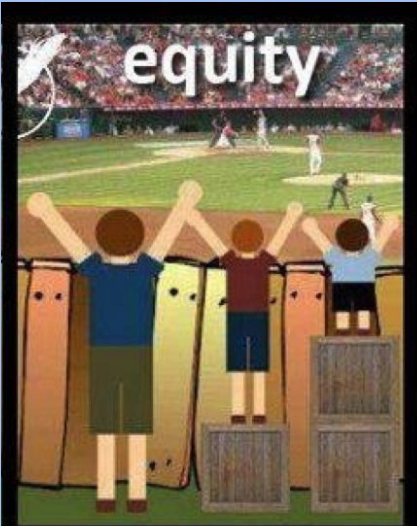
Equality is about SAMENESS, it promotes fairness and justice by giving everyone the same thing.

BUT it can **only** work IF **every-**  
**one starts from the SAME place,**  
in this example equality only  
works if everyone is the same  
height.

Everyone gets  
the same  
thing, but it is  
not really  
fair to what  
each  
person needs.

# When you treat everyone FAIRLY

When you help everyone reach the same goal by helping those who may need more help to get there.



**Equity = FAIRNESS**

**EQUITY** is about **FAIRNESS**, it's about making sure people get access to the same opportunities.

Sometimes our differences and/or history, can create barriers to participation, so we must **FIRST** ensure **EQUITY** before we can enjoy equality.

Leaders treat others FAIRLY

Got Fairness?



# Turn to your partner...

- What did you learn about today?
- Think about the 7 Habits.
- How does this presentation show us about leadership?
- How can you be a leader that is fair and brings equity for everyone?

# And always have time to “Sharpen Your Saw”



Questions? ¿Preguntas?  
Wèntí?

# The Leader in Me™



<https://www.surveymonkey.com/r/ImplementLeaderInMe>

The  
LeaderinMe™



Thank You

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